

# Cultural Differences in the Enjoyment of Thought

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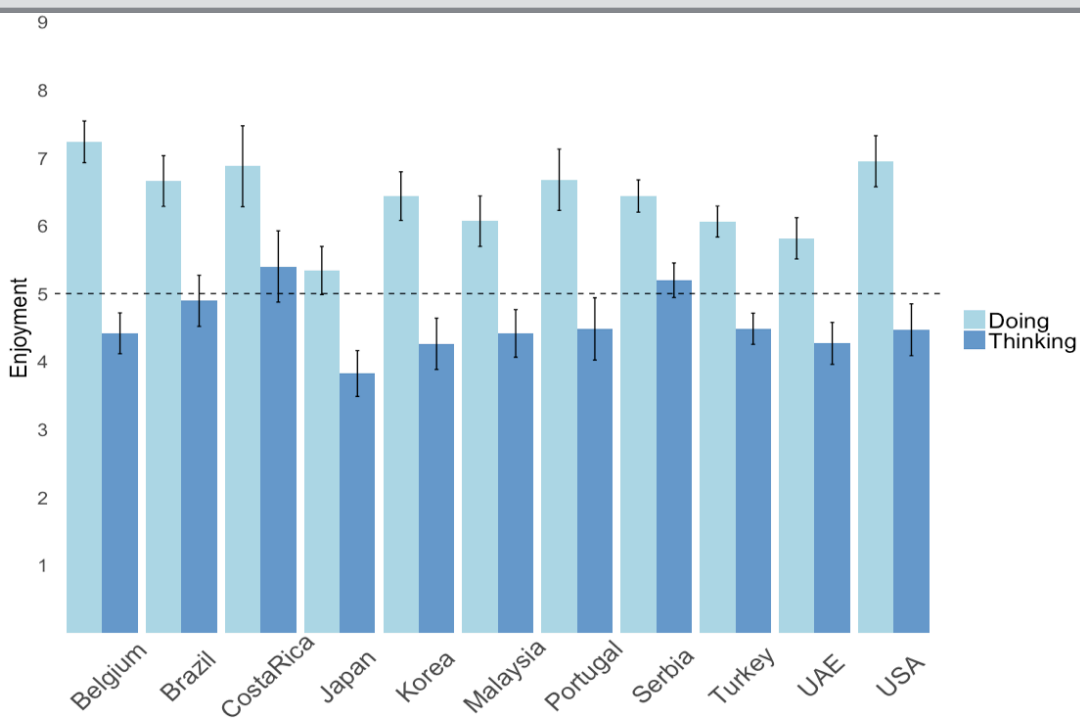


## Method

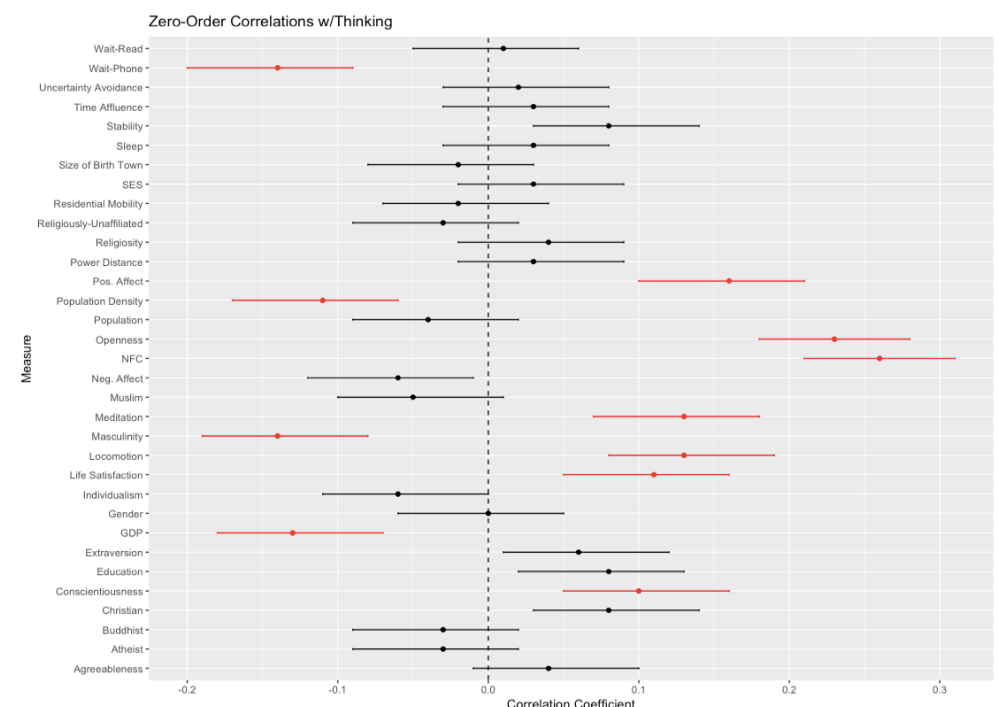
We asked college students to spend 12 minutes alone in their rooms either thinking for pleasure or doing an enjoyable solitary activity of their choice (such as reading, watching TV, or surfing the internet), using the materials of Wilson et al., 2014 (Study 8), supplemented with a series of individual-difference measures. **2,557 participants** were recruited from 12 sites in 11 countries to explore possible cultural variation in the enjoyability of thinking for pleasure.

## Takeaway

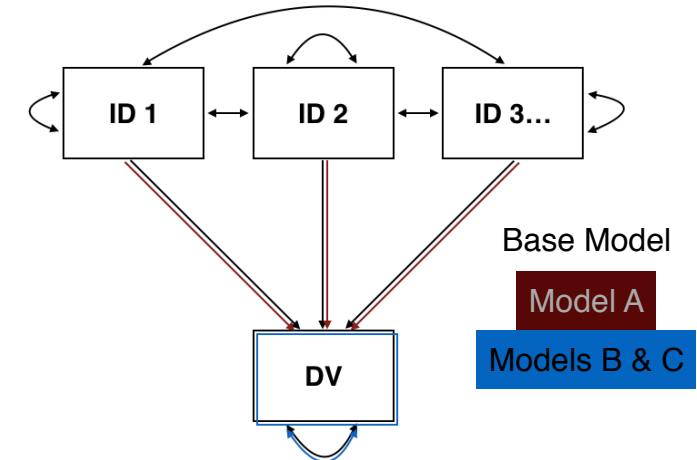
We found little difference between countries in enjoyment of thought. At every site, doing things was rated as more enjoyable than thinking (replicating Wilson et al, 2014), with an aggregate *d* of 0.98. One's country explained ~4% of the variance in enjoyment of thought, and SEM models showed that country-level differences in enjoyment of thought were completely accounted for by between-country variation in 5 individual-difference measures.



Country	Belgium	Brazil	Costa Rica	Japan	Korea	Malaysia	Portugal	Serbia	Turkey	UAE	USA
Thinking	138	88	45	109	87	101	59	193	237	131	85
Doing	131	89	35	99	97	90	61	221	238	135	88
Total n	269	177	80	208	184	191	120	414	475	266	173
<i>d</i>	1.72	1.00	0.91	0.80	1.43	0.97	1.20	0.67	0.81	0.78	1.55



Model	Base	Model A	Model B	Model C	C vs Base
df	9846	9926	9946	9949	9949
-2LL	28324.13	28419.43	28447.50	28448.62	28448.62
$\Delta$ LL		95.31	28.07	1.12	124.49
AIC	8632.13	8567.44	8555.50	8550.62	
chi sq p-value		0.12	0.11	0.77	0.07



Predictor	Coefficient	95% CI
Need for Cognition	0.35	0.24 – 0.46
Initial Positive Affect	0.21	0.11 – 0.32
Openness to Experience	0.20	0.09 – 0.31
Meditation Experience	0.11	0.003 – 0.22
Phone Use	-0.14	-0.25 – -0.04